MindOut LGBTQ Mental Health Service



Peter Nesbitt (he/him)
Charity Director
MindOut

Mental Health First Aider
MHFA England

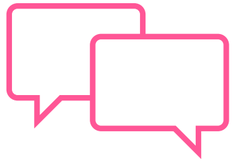
mind OUT
LGBTQ mental health service

Our Mission and Priorities

Mission

"A world where mental health of LGBTQ communities is a priority, free from stigma, respected and recognised"





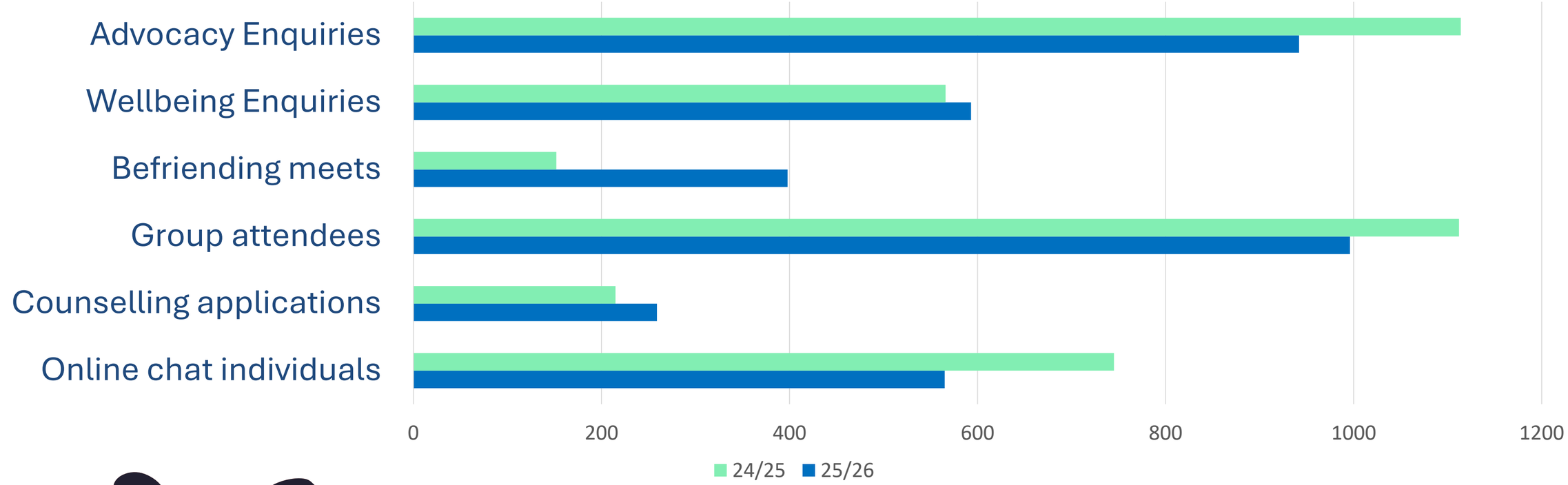
mind OUT
LGBTQ mental health service

MindOut Services

Advocacy	Advice and information	LGBTQ initiatives i.e. projects & pilots	Counselling
Online support	Peer mentoring	Peer support groups	Telephone befriending
Trans and non-binary services	Suicide prevention	Volunteering opportunities	Wellbeing workshops and courses

mind OUT
LGBTQ mental health service

Demand for MindOut







mind OUT
LGBTQ mental health service

What are the issues?

People who are LGBTQ are...

More likely to experience hate crime – and less likely to report it.

More likely to have been homeless – especially LGBTQ youth.

More likely to experience barriers to accessing support services.

Stonewall, 2018: LGBT in Britain – Hate Crime; akt, 2021: The LGBTQ + Youth Homelessness Report; Government Equalities Office, 2018: National LGBT Survey Summary

mind OUT
LGBTQ mental health service

What are the issues?

Health inequalities mortality data

1.8 times higher risk of alcohol-specific death

2.8 times higher risk of death related to drug poisoning

Young LGB+ adults aged 25 to 34 are experiencing the greatest relative inequality in mortality

The data on younger people is particularly upsetting. Among 16 to 24-year-olds, suicide accounted for 45.3 per cent of deaths for LGB+ people, compared with 26.6 per cent among heterosexual people of the same age.

The data collected covers deaths registered between 21 March 2021 and 30 November 2024

ONS Date 2025

mind OUT
LGBTQ mental health service

LGBTQ+ Mental Health and Wellbeing

52% of all LGBT
survey respondents experienced depression

67% of trans people
had experienced depression

70% of non-binary
people had experienced depression

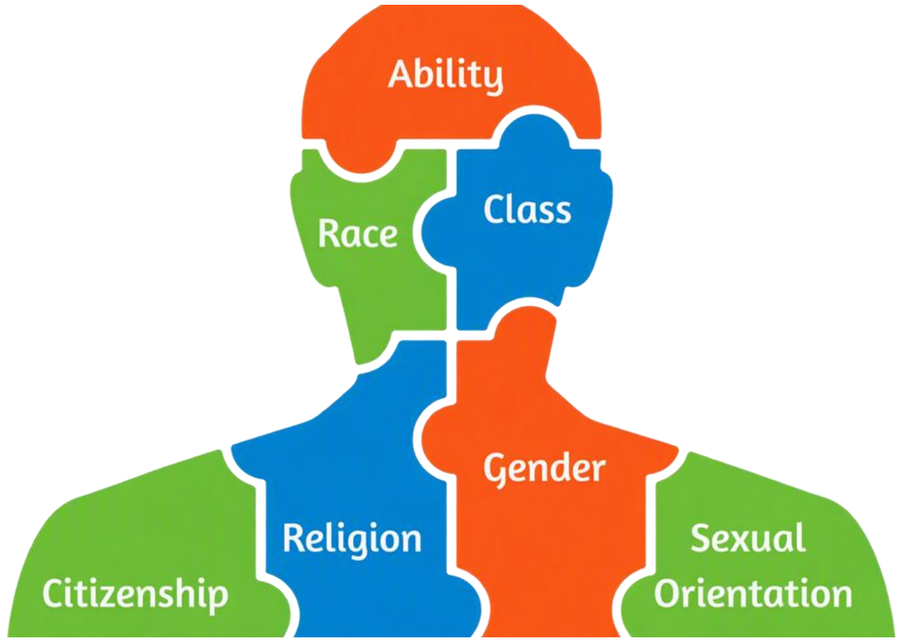
Compare this with **16% of the general population** experiencing depression in the same year



Answers based on survey responses in 2022 for Office for National Statistics, 2023 and LGBT in Britain: Health Report, 2018.

mind OUT
LGBTQ mental health service

Intersectionality



- **Run by and for LGBTQ people,** so lived experience shapes every service we offer.

- We recognise **intersectionality and multiple discrimination** and support All LGBTQ people.

- We reach people facing overlapping barriers such as **low income, disability and isolation**

- **Trauma-aware, participatory approaches** let people's intersecting identities shape our work.

- **Lived experience** becomes evidence that influences services and decision-makers.

mind OUT
LGBTQ mental health service

Being LGBTQ does not cause higher rates of mental distress.
Barriers (external) and fears (internalised) are obstacles that prevent access to mental health support.

- Stigma and discrimination (Supreme Court and EHRC)
- Intersectional experiences
- Having to coming out
- Social isolation, exclusion and rejection.

Allyship is key to overcoming these obstacles

Mind.org.uk, *LGBTQIA+ Mental Health*, 2023.

mind OUT
LGBTQ mental health service

What are we working on

Two years working with **The People's Health Trust** on Health Inequalities: B&H, Eastbourne, Hastings, Worthing and Crawley

Innovation Partner – one of 20 organisations in The Royal Foundation of The Prince and Princess of Wales's **National Suicide Prevention Network**

Safe Haven: suicide prevention for LGBTQ people experiencing homelessness in East Sussex

Expanding our Befriending and Mentoring support

Developing our Online support



Collaboration

MindOut is seeking to partner with organisations at local, regional and national level.

- Our approach is to avoid duplicating services and work that others already deliver
- We aim to complement related services; MindOut isn't for everyone
- Our goal is to offer joined-up, wraparound support centred on achieving the best possible outcomes for LGBTQ people.



Our Ask

- To work with MindOut on these areas
- Make suggestions on how we can achieve these aims and outcomes, you and your teams are the experts in your field
- Help us support better outcomes for LGBTQ people

Thank You!

Contact
info@mindout.org.uk
www.mindout.org.uk

mind OUT
LGBTQ mental health service